



2026 RALSTON VALLEY INVITATIONAL
TRACK AND FIELD MEET
JEFFCO STADIUM



DATE: **Friday, March 6, 2026**
National Anthem -1:55PM
Meet starts at 2:00PM

RESTRICTED AREA: The discus, and shot sectors are restricted areas for coaches.

ADDITIONAL INFORMATION

1. Field event participants need to report to their site.
2. 1/8th inch spikes only, no spikes in the stands
3. Running events need to report to the clerk at the southwest corner of the track.
4. A trainer will be available during the meet.
5. Starting blocks will be provided but each school must provide it's own batons.
6. Weigh-ins for shot and discus implements are at the top of the stadium
7. Please take care of your own trash in your area.
8. Clothing rules will be enforced.

ORDER OF EVENTS

Running Events: (Women will run first, followed by the men).

2:00PM –

800 Meter Medley Relay – women (100,100,200,400)
800 Meter Medley Relay – men (100, 100, 200, 400)
3200 Meter Relay (4x800)
100 Meter Hurdles – women
110 Meter Hurdles – men
100 Meters
800 Meter. Relay (4x200)
1600 Meter Run
400 Meter Relay (4x100)
400 Meter Run
300 Meter Hurdles
800 Meter Run
200 Meters
3200 Meter Run
1600 Meter Relay (4x400)

Field Events: 2:00 Start-

Long Jump – Women are first followed by the Women
Triple Jump – Men are first followed by the Men
Shot Put– Women are first followed by the Men
3 attempts. Top 10 to finals
Discus - Men are first followed by the Women
3 attempts. Top 10 to finals
High Jump-North Pit – Men are first (start height 4'6)
followed by the Women (Start height 3/10)
Pole Vault –South End_– Women are first followed by the Men